

D'Ana's 7 Easy Steps to Using the Law of Attraction

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<http://happyecho.com/law-of-attraction/>

How to use the Law of Attraction on any specific desire!

1.) Be grateful for all the good things (including people and circumstances) in your life.

- Focusing first on what you already have puts you in an excellent vibration to attract more things that will make you feel good.
- List off as many good things as you can think of.

2.) Decide on what you want! Really decide.

- Be as clear as possible. Think of as many details as you can. Clarity gives the law speed!
- Read the "[Negative Emotions are Good!!](#)" to help you work out the small details. Follow your emotional guidance system on every small detail. Choose only the details that bring forth positive emotion. Leave behind & replace any details that cause even the slightest feelings of discomfort.
- You can also Use Information to help clarify your desires. For example, "Why do I know exactly what I want in all areas of life?" or "Why do I suddenly have such clarity about what I want?" Information works!!
- If you are still having trouble or are not 100% sure what you want to use, the Law of Attraction itself. **Start by listing any tiny thing you know 100% you want.** List off as many as possible. e.g., "I want to be healthy and have the energy" -just anything you can think of. Because of the LOA, this listing process will bring you a bigger list. **This, combined with the affirmations and paying attention to your emotional guidance, is the best 3-step plan for clarifying your desires.** You can feel it when you are clear on what you want! Just the same as you can feel when you are on the fence.

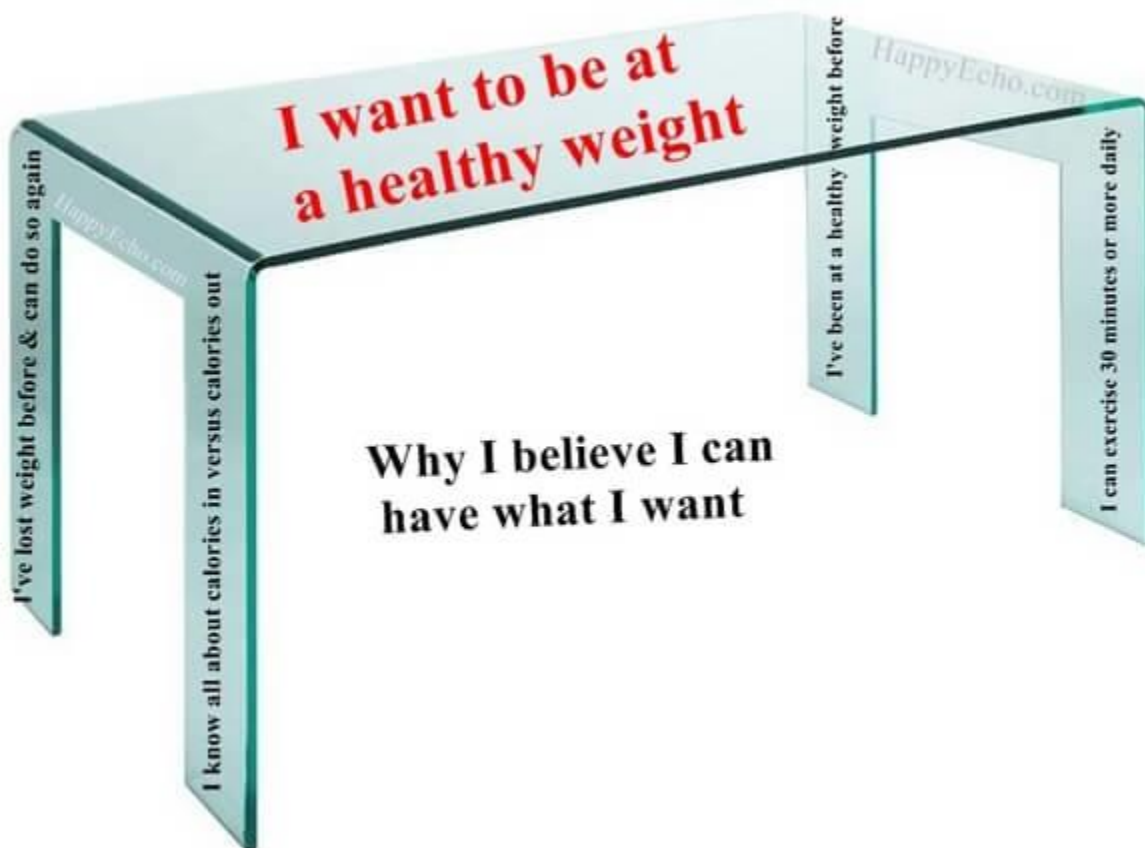
3.) Ask yourself: "Why do I want _____?"

- Randomly list as many reasons as you can.
- Once again, follow your emotional guidance when listing your reasons. Leave behind and replace any reason that causes you to feel even the slightest discomfort when thought of.
- Your job is to know the why and focus on the why, not the how. Often, the universe has a better, faster, and easier plan than you could imagine.

4.) Ask yourself: “Why do I believe I can have _____?”

- This is often the hardest step. If you find it hard, keep it short.
- I recommend a version of one of Anthony Robbins’ Methods for this step.

Picture a table like the one below. On the top of the table is what you want, and on the four legs are reasons why you believe you can have it. Doing this Table method will strengthen your belief that you can.



I Love this Table Method because it gives your new desire “Legs to stand on,” and you only have to produce four reasons. After you produce the four reasons with the mental picture of the table in your head, you will feel a HUGE increase in confidence that you can have what you want. Without the mental picture of the table, you will just have four reasons but no legs to stand on.

5.) Build a mental picture of what you want.

- Use your imagination to see how your life will look when you have what you want.
- Play a 10-minute movie in your head. You are the writer, the director, the STAR, and everyone you want to be there is there.

6.) Act on your positive thoughts and new mental picture.

- Before deciding try asking yourself “What would the ME that has what I want do in this moment?”
- Using the previous example: The YOU that is at a healthy weight would probably not overindulge in a chocolate cake because this version of you would feel so great about accomplishing your desire that the ability alone to turn down the second piece would be rewarding enough.

7.) Once you are certain about what you want and feel good about having the desire, Let it go!

- Knowing that you are certain about what you want and the work you have done in the previous steps will bring you your desire.
- Worrying about **when** or **how** is not your job and will push your desire away from you.
- Let the Law of Attraction do its job now that you have done yours.

Stop taking any step when you have any feelings of discomfort & **come back to it later.**

"Anything that you give your attention will become your 'truth.' The Law of Attraction says it must. Your life, and everyone else's, too, is but a reflection of the predominance of your thoughts, there is no exception to this."

- Abraham-Hicks